

1     **WHAT IS CLAIMED IS:**

2                 1. A gym board comprising  
3                     a board having  
4                     a top surface,  
5                     a bottom surface,  
6                     multiple edges,  
7                     multiple corners,  
8                     a center,  
9                     a traction area formed on the top surface,  
10                  a center holder formed on the bottom surface at the center and  
11                  having multiple equal recesses, and  
12                  at least two side holders formed at the same edge, and each side  
13                  holder equal to one of the recesses, each side holder formed at one of the corners,  
14                  and  
15                  an insert body mounted inside the center holder and side holders, having  
16                  multiple insert blocks, each insert block having  
17                  a top selectively inserted into one of the recesses in the central  
18                  holder and the at least two side holders,  
19                  a bottom side edge, and  
20                  a cap mounted on the bottom side edge.

21                 2. The gym board as claimed in claim 1, wherein the board further  
22                  comprises two handles mounted on the board along two opposite edges.

23                 3. The gym board as claimed in claim 2, wherein the board further  
24                  comprises at least two slotted holes, each slotted holes is defined through the

1 edge corresponding to the handles.

2       4. The gym board as claimed in claim 3, wherein three slotted holes

3 defined through each edge corresponding to the handles.

4       5. The gym board as claimed in claim 1, wherein the traction area of the

5 board further comprises multiple nubs formed on the traction area.

6       6. The gym board as claimed in claim 1, wherein four side holders are

7 formed on the bottom surface of the gym board.

8       7. The gym board as claimed in claim 1, wherein the board further

9 comprises at least two quarter holders formed around the center holder, each

10 quarter holder is shaped as one of the recesses and equal to one of the recess.

11       8. The gym board as claimed in claim 7, wherein four quarter holders are

12 radial arranged around the center holder.

13       9. The gym board as claimed in claim 3, wherein the gym board further

14 comprises two resilient cords mounted through the slotted holes.

15       10. The gym board as claimed in claim 1, wherein the gym board further

16 comprises at least two holding bodies mounted inside the side holders.

17       11. The gym board as claimed in claim 6, wherein the gym board further

18 comprises four holding bodies mounted inside the side holders.

19       12. The gym board as claimed in claim 7, wherein the gym board further

20 comprises at least two quarters mounted in the quarter holders.

21       13. The gym board as claimed in claim 8, wherein the gym board further

22 comprises four quarters mounted inside the quarter holders.

23       14. The gym board as claimed in claim 9, wherein each resilient cord has

24 an elastic cord having

- 1            a distal end, and
- 2            a proximal end selectively mounted inside one of the slotted holes
- 3        in the board, and
- 4        a handle mounted on the distal end of the elastic cord.